

IMPORTANT INFORMATION FOR WINDHAM HIGH SCHOOL ATHLETES

*****PARENT PRESEASON MEETING ON August 30th 6pm, AUDITORIUM*****
This meeting is mandatory for all High School Fall athletes.

This will be a time for the athletic director to go over rules and expectations and for coaches to communicate information about their season. There will be an opportunity for parents to talk to coaches and ask questions.

1. Any RSU 14 students, entering grades 9-12, interested in participating on a **Varsity, Junior Varsity, or First Team** fall sports team must report to Windham High School for tryouts beginning on the date and times listed below.
2. **All students must be signed up for their sport, if they did not attend the sign up meeting with the coach they must contact the athletic office or email Marleen at mbicknell@rsu14.org, for instructions on how to sign up.**
3. **All athletes are required to have an Emergency card filled out by the parent/guardian, using this link: bit.ly/rsu14athleticsecard, also found on the athletics web page: <http://www.rsu14.org/Sports/index.cfm>.**
4. To be eligible for tryouts, a student **MUST** have a current physical exam on file in the nurse's office. Physicals are current for 2 years, from the date of your last physical. ***It is the responsibility of the high school athletes/parents to check Infinite Campus portal-Health tab to see if we have one on file and to obtain a new one in writing and submit it to the athletic office, if you are in need of a new one.*****
*****If you are a new student to WHS, please provide a note from your doctor of the most recent physical, you may also sign up for an Infinite Campus account by going to this link: <http://bit.ly/icaccount>***
5. All students must be passing all classes on quarter 4 report card.
 - 1 F you can practice but not play until after a 3 week grade check, (begins on the first day of school)
 - 2 F's ineligible for the season. (Does not apply to incoming Freshman for Fall sports only)

If you have any questions, please contact the Athletic Office at 893-2182. For more athletic information, forms and schedules, you can visit our webpage: <http://www.rsu14.org/Sports/index.cfm>.

The athletic hotline **892-1810 option 5, then option 1**, for general athletic information and for up to date information regarding schedules, cancellations/postponements.

Cheering	Monday, August 14	August 14-18 8a-9:30a
Field Hockey	Monday, August 14	M-Th7a-9a & 3:30-5:30p
Football	Monday, August 14 Monday, August 21	M 8:00-10am & 4-6 All Freshman 10am
Golf	Monday, August 14	M 8-1030 Rm 314/ T-Fr 8-12:30 @ Sunset Ridge
Boys Soccer	Monday, August 14	8-9a Jrs & Srs/9-10a Frosh & Soph / 4-6p All
Girls Soccer	Monday, August 14	8-9a Jrs & Srs/9-10a Frosh & Soph / 3-5p All
Cross Country	Monday, August 14	M-F 7a-9:45am
Volleyball	Monday, August 14	M-F 10a-5p

See back of page for a list of sports at Windham.

Fall

Cheering, V
Volleyball – Girls V/JV
B+G Cross Country, V
Field Hockey, V/JV
Football, V/JV/FT
B+G Golf, V/JV
Boys Soccer, V/JV/FT
Girls Soccer, V/JV/FT

Winter

Boys Basketball, V/JV/FT
Girls Basketball V/JV/FT
Cheering V/JV
Boys Indoor Track, V
Girls Indoor Track, V
B + G Alpine Ski, V
B + G Wrestling, V
B + G Swim, V
Ice Hockey, V

Spring

Baseball, V/JV/FT
Softball, V/JV/FT
Boys Tennis, V
Girls Tennis, V
Boys Outdoor Track, V
Girls Outdoor Track, V
Boys Lacrosse, V/JV
Girls Lacrosse, V/JV